2011 Keep Memories Alive Walk

Four hundred (400) walkers put on their bobby socks and walked to oldies music provided by Majic 102.7 FM at the 6th annual Keep Memories Alive Walk on Sunday, November 6, 2011 at Town Center Boca Raton.

Funds that were raised at this fun and exciting event provide scholarships for participants at the Day Center and benefit the caregiver programs at the Louis and Anne Green Memory and Wellness Center within the Christine E. Lynn College of Nursing at Florida Atlantic University.

Look inside to read more about the walk…
A Night with Friends of the Center

The fact that Tuesday, October 18, 2011, was a rainy, windy night did not stop the very generous sponsors of the 2011 Keep Memories Alive Walk from attending the Sponsor Appreciation party, which was graciously hosted by Legal Sea Foods at Town Center Boca Raton.

At least 65 people attended and enjoyed the delicious hors d’oeuvres prepared by the very talented Legal Sea Foods staff.

Walk Co-Chairs, Kelli Ann Bloechinger, Debbie Gonzalez and Morgan Green thanked the sponsors for their generosity to the Walk as well as Legal Sea Foods for once again sponsoring the evening.

Louis and Anne Green Memory and Wellness Center Director, Dr. Kathleen Valentine, spoke about how important the role of the sponsors is to the Center as it continues to grow and expand. She reiterated that the mission of the Center is to not only nurture the participants but also the caregivers and the families.

Perhaps the most poignant part of the evening was the introduction of this year’s Honorary Family, Melissa and Michael Berg. Melissa graciously talked about the challenges of a family member being diagnosed with early onset Alzheimer’s disease. She spoke eloquently about how warm and embracing the Memory and Wellness Center is—not only for participants but for caregivers and families.

The evening was filled with camaraderie and hope. All in attendance look toward the future of the Louis and Anne Green Memory and Wellness Center for today’s participants and for those participants and families who enter our doors in the future.
The 2011 Keep Memories Alive Walk included 19 walker teams:

Wellness Warriors  
Louis and Anne Green Memory & Wellness Center  
Boca Raton Regional Hospital  
Royal Palm YCC Street Walkers  
Legal Sea Foods, LLC  
Bloomingdales  
Lynn University  
Bobby Campbell  
Boca Medical Supply  
Christine E. Lynn College of Nursing  
FAU Nursing Alumni Society  
Julie Weidenfeld’s Team  
ACT  
Boca Raton Resort & Club  
Boca Villa Jitterbugs  
The Sacred Treehouse  
MetLife  
Caring Hearts Kids  
Harbour’s Edge
Meet Our New Board Member: Jill Posner

Jill Posner is emerging as a leader in South Florida in the “Aging in Place” movement. Her passion for this phenomenon evolved during the past decade through her work in residential renovation and construction, discovering that, most often, clients wish to remain in their homes. She earned a Certified Aging-in-Place Specialist designation from the National Association of Home Builders via Builder University. Jill and her team at Posner Home Safety Company offer clients a “One Stop Shop Philosophy” in home modification and safety through design. She devotes extended time and resources to educating the community-at-large on the importance of home modification and safety through design.

Jill’s fast-paced career began as a yarn-dye stylist for West Point Pepperell. She went on to launch several companies, including World Accents Incorporated; the jposnergroup; and Architectural Elements-Flooring, Kitchen, and Bath. Jill has received several professional awards and recognition for her achievements.

In addition to the Caring Hearts Auxiliary, Jill dedicates time to Aids to Victims of Domestic Abuse, Alzheimer’s Association Memory Walk, Alzheimer Community Care Education Conference Committee, Chabad of Boca Raton and Leukemia Association Light the Night Walk. She is a Spanish River Sharks Community Liaison and a co-founder of “The Times of Your Life” charity.

To read online…

Caring Connections is available electronically. To help us provide more donations to support programs at the Center, please consider reading the newsletter online instead of in printed form. Visit www.fau.edu/memorywellnesscenter or email a request to CaringHeartsAuxiliary@yahoo.com to request a .pdf file or direct link. We appreciate your support!

Tribute Cards

The Memory and Wellness Center provides tribute card acknowledgements for gifts given in honor and in memory and special people in our lives. If you wish to make tribute donations, please contact Jean at 297-0503.
Letter from the Director

Dear Friends,

Reflecting on 2011, I am so proud of what we accomplished together. We earned several “Points of Pride” last year including:

- 12,000 Day Center visits
- 45 scholarships for Day Center participants
- 10,500 volunteer hours
- 1,800 caregiver support interactions
- 1,200 diagnostic evaluations
- 50 community outreach events

The news media covered the Memory and Wellness Center and Caring Hearts Auxiliary throughout the year, including the Boca Raton Forum, Palm Beach Post and Sun-Sentinel. Vera, our own 92-year-old yoga instructor, was especially popular with reporters!

Much of this was accomplished due to the Caring Hearts Auxiliary’s generous donations of time and treasure. Your support throughout the year is greatly appreciated and impacts the lives of those suffering from memory loss and their caregivers.

The Memory and Wellness Center serves as a vibrant learning laboratory for Christine E. College of Nursing students as well as students from a variety of disciplines at FAU, including exercise physiology, healthcare administration, medicine and social work. A primary goal of the Memory and Wellness Center is to research innovative approaches to the diagnosis and treatment of memory disorders. Many studies focus on new interventions designed to help individuals with memory problems to maintain the highest possible level of functioning. Additional studies focus on interventions designed to assist family members/caregivers in their roles and best practices in care for persons with Alzheimer’s disease and related disorders.

We have much to look forward to in 2012. Thank you for being a part of the Memory and Wellness Center!

Kathleen Valentine, Ph.D., R.N.
Director
Letter from the President

2011 was another remarkable year for the Caring Hearts Auxiliary. More than 130 guests raised more than $100,000 at the Shades of Green event held at the Milhous Museum and 400 walkers raised $328,000 at the Keep Memories Alive Walk. The generosity of our sponsors, guests and Auxiliary members never ceases to amaze me.

Caring for someone suffering from memory loss is a huge endeavor. The funds raised by the Caring Hearts Auxiliary help ease the burden of care by providing support services and programs such as the Self Preservation Activities (SPA) days. Whether learning something new about how the brain works, creating a safe environment at home or just enjoying lunch out for a day, these days mean so much to caregivers.

We have much to look forward to in 2012 and are already off to a great start with several new and enthusiastic board members. Please mark your calendars for Saturday, March 10 and join us for Shades of Green. We will be announcing the Keep Memories Alive Walk date soon!

Sincerely,
Patricia Thomas
President

Shades of Green

Music, Memories and Dance

Please join us for an evening of music and dance with Dr. J and his band and a Cabaret Show featuring Jennifer Sheehan and her pianist. The entertainment will surely get your toes tapping, feet dancing and fingers snapping.

Saturday, March 10, 2012
6 to 9 p.m.
Christine E. Lynn College of Nursing Atrium/Lobby
Marleen Forkas, Grand Sponsor
Dr. Marlaine Smith, Honorary Chair
$200.00 per person
Cocktails and Dinner by the Bite
R.S.V.P. by March 1, 2012

Contact Lynda Williams at 561-297-4066 or Lwill142@fau.edu for more information or to purchase tickets.

Hosted by the Caring Hearts Auxiliary of the Louis and Anne Green Memory and Wellness Center,
Christine E. Lynn College of Nursing

Follow us on Facebook

Search for “Louis and Anne Green Memory and Wellness Center” and click “Like” at the top of the page.
Congratulations

Congratulations to the following teams and individuals who helped to make the Walk such a memorable success! The Walk is truly a community affair.

Prizes awarded to teams with the most walkers were as follows:

- Bobby Campbell - 63 walkers
- Notable Mention – Royal Palm YCC Street Walkers – 43 walkers
- The team that raised the most funds collectively - Wellness Warriors raised $7,913.00!

Merci

Volunteers are such an important part of any fundraising event.

- Diane Lindsay
- Karen Cohen
- Victoria Shutt
- Ted & Trudy Winsberg
- Stacy Solano
- Ethel Cohen
- Lynn University Students:
  - Daniela Santos
  - Pedro Saona
  - Luana Porto
  - Victoria de la Cruz
  - Mariana Castro
  - Tommaso Guerra
  - Andrew Lippi

- Volunteers:
  - Michelle Kaufman
  - Karen Hoffheimer
  - Lynda & Paul Williams
  - Margaret Westervelt
  - Harvey & Jolanta Lusthaus
  - Marlene Meyers
  - Michelle Cooper
  - Evie Zimmerman
  - Mildred Strom
  - Connie Simonetti
  - Anne Simonetti
  - Kathy Kaylor
  - Lesley Huddleston
  - Judi Siegienski
  - Lisa Gerasinovich

- Liz Dudley
- Gayle Stevens
- Elaine English
- Nancy Furman
- Monet Sandoval
- Christy Stewart-Harfman
- Julie Weidenfeld
- Oliver Green
- Brandon McLeod
- Chris Dardet
- Carl Green

- Palm Beach State College Nursing Students:
  - Kellsie LaLande
  - Shayne Pando
  - Maritza Aponte

- Christine E. Lynn Nursing Students
  - Candace Stickley, Clinical Instructor
  - Christopher Campbell
  - Victoria Campbell
  - Sheri-Ann Haughton
  - Michelle Feffer
  - Rachael Joyner
  - Caitlin Skalet
  - Abigail Stickley
  - Ayden Stickley
  - Emma Stickley
  - Jessica Soloway
  - Michelle W. Williams
  - Michael Wilson
  - Sara Wood
  - Sara Yashenko

- Delta Phi Epsilon Sorority
Meet Selma Nelson

Selma Nelson has been a facilitator for a caregiver group at the Memory and Wellness Center for seven years. She is a native New Yorker who moved to Florida 11 years ago after her retirement. She has worked as a social worker all of her adult life.

Selma earned her Bachelor of Arts degree from Brooklyn College, a Master of Social Work from Adelphi University and a Master of Public Administration from C.W. Port College of Long Island University. She did post graduate work in individual, family and group therapy.

Selma was employed for over 20 years by Nassau County Children Services where she served in roles such as as foster home coordinator and supervisor of residential intake and foster care. Subsequently she worked at a mental health clinic associated with South Nassau Community Hospital and in private practice offering individual and group therapy.

Selma has been impressed with the support, encouragement and comradeship members of the group enjoy from their involvement in the caregiver group. She feels it helps them deal with the sadness and difficulties in caring for a loved one with dementia.

The Memory and Wellness Center is fortunate to have such a professional and caring facilitator to lead our caregiver support groups.

Triva on the Brain

“When fighting with themselves, most people imagine a devil on one shoulder and an angel on the other. It turns out that this is not far from the truth. The part of you that thinks, “Why I ought to_____!” and imagines deliciously aggressive thoughts is your amygdale, and the other part that says, “Maybe that isn’t so wise,” is your prefrontal cortex. How can you help your angel win the war? Take a long breath before action to give it time to restrain your emotional response.”

Contributed by: Brain Games Consultant Elkhanon Goldberg, Ph.D., ABPP/ABCN
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Brain’s Gaine Workshop

The Brain’s Gain Workshop is a six-week program that encourages participants to integrate change for the brain’s gain. Sessions include brain building lectures, memory enhancement strategies, brain games, stimulating exercises, and weekly assignments. For information on upcoming dates and times, call 561-297-0502 or visit www.brainsgain.com
2012 Caregiver Orientation Dates

For caregivers to those newly diagnosed with memory loss, the journey ahead may feel daunting. To ensure a smooth transition, the Memory and Wellness offers a thorough orientation. At each session, caregivers are given an opportunity to become familiar with the setting and people who will be caring for their loved ones at the Day Center.

<table>
<thead>
<tr>
<th>9 a.m.</th>
<th>Memory and Wellness Center Library</th>
<th>1 p.m.</th>
<th>Memory and Wellness Center Library</th>
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<tbody>
<tr>
<td>Thursday, February 23, 2012</td>
<td>Thursday, January 26, 2012</td>
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<td>Thursday, April 26, 2012</td>
<td>Thursday, March 29, 2012</td>
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<td>Thursday, September 27, 2012</td>
<td>Thursday, May 24, 2012</td>
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<td>Thursday, November 15, 2012</td>
<td>Thursday, October 18, 2012</td>
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Sample Schedule

9 a.m. Refreshments (Sponsored by the Caring Hearts Auxiliary)
9:10 a.m. Tour
9:20 a.m. Welcome
9:30 a.m. Clinic Function
9:45 a.m. Day Center
9:50 a.m. Caring Hearts Auxiliary Welcome
10:00 a.m. Closing

2012 Self Preservation Activities (SPA) Schedule

As partners in caregiving, the Memory and Wellness Center’s mission is to recognize and preserve the dignity and respect of caregivers’ endeavors through empowerment, education and compassion. Our intent is to provide a multifaceted approach to wellness and success throughout this very important and challenging journey.

<table>
<thead>
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<th>JANUARY 2012</th>
<th>FEBRUARY 2012</th>
<th>MARCH 2012</th>
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<tr>
<td>THU</td>
<td>Stress Management and YOU the Caregiver</td>
<td>Body Mechanics: Safety in the Home</td>
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<td>19</td>
<td>Thursday, January 19, 2012</td>
<td>Thursday, February 16, 2012</td>
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<td>9:30 a.m. – 1 p.m.</td>
<td>5 – 7:30 p.m.</td>
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<td>Guest Speakers: Yoga Laughter Training, Mindfulness, Heart Breathing</td>
<td>Guest Speakers: Physical Therapist, Pam Hapke of Lifeline, Jill Poser of Poser Home Safety</td>
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<td></td>
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<td>Managing Difficult Behavior/Wander Risk-Silver Alert</td>
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<td>Thursday, March 15, 2012</td>
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<td>10 a.m. – 12 p.m.</td>
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<td>Guest Speaker: Dr. Theris Touhy</td>
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</table>
2012 Self Preservation Activities (SPA) Schedule

| APRIL 2012 | Estate Planning                        |
|           | Thursday, April 12, 2012               |
|           | 10 a.m. – 12 p.m.                      |
|           | Guest Speaker: Mary Sue Donahue, Attorney |

| JUNE 2012 | Summer Luncheon at the Hillsboro Club |
|           | “Brain Health: Body, Mind, Spirit”    |
|           | Thursday, June 14, 2012               |
|           | 10 a.m. – 12 p.m.                     |
|           | Guest Speaker: Neuropsychologist, Dr. Kevin Lapinski |

Heartfelt Memories and Dedication of the Wall of Love

On Thursday, February 16 at 4:30 p.m., the Memory and Wellness Center will host a “Heartfelt Memories and Dedication of the Wall of Love” celebration. This is an opportunity to participate in a memorial remembrance ceremony honoring those whom have passed and whom we have loved and served through the Memory and Wellness Center. The event will be followed by our monthly SPA event. To RSVP, please call 561-297-0933.

Create a Legacy

When planning your estate giving, please consider a bequest to the Louis and Anne Green Memory and Wellness Center. Your enduring legacy will enable our Center to consistently serve the needs of those experiencing memory loss and their families with compassion and innovation.

A Day in the Life of the Day Center: Thanksgiving/Christmas
Center Offers

Programs and Services of the Memory and Wellness Center

• Comprehensive Memory Evaluations
• Adult Day Center for persons with mild and moderate memory problems
• Sustaining Caregiver Programs
  • Consultation
  • Counseling
  • Support groups
  • Education
  • Yoga classes
• Driving evaluations
• “Brain’s Gain” – 6 week memory loss prevention workshop
• Community Lectures – “Keeping Your Mind Sharp”
• Research
• Taking Control Workshop

Our Wish List for 2012

Your Time
Volunteers are always welcome to help with CHA’s fundraising committees!

Your Treasure
For those interested in supporting specific programs or items, the Memory and Wellness Center’s current wish list includes:

• Laptop computer for onsite clinical evaluations (approximate value: $1,200)
• Microwave oven (Approximate value: $100)

Two items from our 2011 Wish List, a laminator and a small round wooden table for one-on-one conferences in Dr. Valentine’s office, were fulfilled thanks to the generosity of the Caring Hearts Auxiliary!

Contacts

Caring Hearts Office          Lynda Williams           561-297-4066
General Information          Connie Simonetti          561-297-0502
Center Tours                 Jean Denk              561-297-0503

Caring Connections Newsletter Team

CHA Board Member, Karen Hoffheimer, Editor
Chris Dardet, FAU, Editor
Dr. Kathleen Valentine, FAU, Advisor
Lynda Williams, FAU, Committee Member
Join the Caring Hearts Auxiliary!

**MEMBERSHIP CARD**

☐ New ☐ Renewal  Date: _________________________

Membership Categories: (check one)

☐ Annual - $25 annually  ☐ Lifetime - $300

Optional:

I would like to contribute an additional $ ________________

Pay by Check: FAU Foundation, Inc.

Note on check: NRS 160

Name: _____________________________________________

Spouse: ____________________________________________

Address: ________________________________________ Apt. _____

City: ___________________  State:______ Zip: ______

Email: ____________________________ Tel No. ___________  

**TO PAY MEMBERSHIP DUES BY CREDIT CARD**

☐ Annual - $25 annually  ☐ Lifetime - $300

*Indicate type of credit card*

☐ Mastercard  ☐ Visa  ☐ American Express

Amount: $___________ (please include optional donation amount)

Credit Card Number: ____________________________ Expiration Date: __________

Name on Card (please print): ____________________________

Signature: ____________________________

Print this page and return completed form to:

Caring Hearts Auxiliary
Louis and Anne Green Memory and Wellness Center
777 Glades Rd., Bldg. AZ-79, Boca Raton, FL 33431